

A FEW SAMPLES of MICHIGAN'S LARGE ARMY of VOLUNTEER WORKERS



Michigan is particularly fortunate in having a considerable army of men and women who have voluntarily made the fight against tuberculosis their own. They do their work for the love of it, without remuneration of any kind. They can be depended upon each fall to help make the seal sale in their communities a success; and all through the year they can be depended upon to advance the tuberculosis fight in every way possible.

It would be impossible to print cuts of all the Michigan workers because their name is legion, but in the above selection a few of the various sections of Michigan are represented. There is hardly a county or city or village in the state that does not contain from one to a dozen workers who give a great deal of their time and attention to the crusade against the white plague, and the effect of this service cannot be estimated. It means much to their home communities, and collectively, it means a great deal to the state of Michigan. Without these men and women the tuberculosis fight would be merely a name; with them it is a reality. If all the people of the state took the same interest in the campaign that is being taken by these workers, the disease could be banished in a comparatively short time.

Dr. DeKleine Says—



DR. WM. DE KLEINE, Pres. Michigan Tuberculosis Association.

A penny may seem a small amount with which to combat such a great disease as tuberculosis, but the indications are that the millions of pennies contributed each year at Christmas time by the people of this and other states are winning the battle against the white plague. If anyone before the dawn of history could have seen the little sea insects that built the coral island work cell by cell, he would never have believed that these tiny organisms could eventually cause mighty islands to arise. But countless billions of them in the course of time performed the miracle.

And countless millions of pennies, contributed each year for the tuberculosis fight, are also bringing to pass the health miracle of winning the fight against that disease. The time will come some day when tuberculosis will be as rare as smallpox is today. And the Christmas seal sale will be to a large extent responsible for this happy result.

The magnitude of the migratory consumptive problem in Arizona is indicated in certain figures published in a recent issue of the Bulletin of the State Board of Health. Two hundred and sixteen of the 1,104 persons who died in Arizona from tuberculosis in 1919 had resided in the state less than three months; 78 others had been there less than six months, and 78 less than a year. In other words, 372 or practically one-third of the total number of deaths were of persons who had resided in Arizona less than a year. The records further show from what states these health-seekers came. Of the 1,104 cases, only 238 were reported as having contracted the disease in Arizona. In 343 cases, the former residence was not stated. Of the remaining number, 62 came from California, 32 from Illinois, 31 from Texas, 26 from Missouri, 20 from Ohio and 18 from New York. Forty-two states in all were represented, leaving out only Connecticut, Maryland, Massachusetts, New Hampshire, South Carolina and Vermont.

The Modern Health Crusade

By HELEN DESPOLDER MOORE

WHAT is the Modern Health Crusade?

A campaign which in Michigan is fostered by the Michigan Tuberculosis Association, not limited to tuberculosis or to any particular disease but which aims to so build up the general health of the child so that susceptibility to disease is lessened.

In brief, the game is as follows: Eleven health chores are listed on each child's card with a space where daily credits may be given for the performance of the same.

Each day shows the debit and credit side of the ledger.

A blank space—and some blanks we must expect, for Johnny being very human is surely some day going to forget to clean his nails and Mary to brush her teeth—but this space acts as a reminder for an extra effort to have a perfect score the next day.

It has the advantage which always comes when young people as a group are interested in a particular subject.

In this case, the object in view is the establishment of good health habits in the younger children thru the daily performance of these eleven health chores for which the game calls.

Even such onerous tasks as brushing of teeth and washing of neck and ears can be made a pleasure when worked into an organization's game. This constitutes the foundation of the Modern Health Crusade.

Who are the Modern Health Crusaders?

They are those children who qualify by doing the official health chores and who agree to the pledge printed on the Certificate of Enrollment.

Adults may qualify by doing the senior chores or Honorary Crusaders may be elected by the teachers and Crusaders for services, financial or otherwise, rendered.

WHERE are these Crusaders to be found?

In the schools of America from the land of the Eskimo to the cotton-field of the south and beyond. It is a game where white, black, red and yellow children share equal honors. Children in the mansion need it the same as the pickaninny from the cabin or the little boy in his suit of furs.

HOW may we secure this Crusade plan?

Write to the Michigan Tuberculosis Association, 615 Oakland Building, Lansing, for a full description of the game and arrange to have it started in your school.

When you will it be possible to have the million school children of Michigan enrolled as Crusaders?

When you and I have bought Christmas Seals as liberally as we should so that sufficient funds are available to supply material and workers to make this dream a reality.

A Constructive Tuberculosis Program In Michigan For 1922

MODERN HEALTH CRUSADE

The eradication of tuberculosis is primarily a problem in education. The education of children in hygienic habits of living offers the greatest opportunity for the eventual wiping out of the disease.

The modern Health Crusade is the big idea that is bringing better health education to the growing generation. It carries good health habits to thousands and hundreds of thousands of children; habits which will stay with them through life and which will help to prevent thousands of cases of tuberculosis in the next generation.

Michigan now has an enrollment in the Modern Health Crusade of nearly a quarter of a million, but that is not enough—splendid as it is. Michigan has a school population of nearly a million. More than three quarters of a million of Michigan's pupils are still without the advantage of the Crusade.

To bring the Crusade to these hundreds of thousands of pupils a Crusade director is needed and money is needed to purchase Crusade supplies. And what is just as important, if not more so, the Crusade must be carried from the school room into the home. There is a great need of giving to school pupils a proper home background of health teaching. The Modern Health Crusade, to be entirely successful, must have the intelligent co-operation of the parents and brothers and sisters at home. To carry the inspiration of this big movement not only into the schools but into the homes as well is a big task for which workers and supplies are needed. The Christmas Seal Sale is the only means of financing this stupendous enterprise for influencing the life habits of a Nation.

NURSES

A public health nurse in a county is a safeguard against the spread of tuberculosis. The money expended on a visiting nurse pays dividends many times over in better health, in decreased suffering and in lives saved from unnecessary death. Michigan has many counties that are without nursing service. Red Cross funds have been exhausted in many places and other funds are not immediately available. A visiting nurse in a county means an outlay of not less than \$150 per month, but it is money well spent. It is a tuberculosis prevention service the value of which cannot very well be estimated. The Michigan Tuberculosis Association is interested in seeing every county in the state supplied with a visiting nurse. The ideal way would be to have supervisors in all counties finance such nurses. To bring the message of this great need before the county bodies and to get public sentiment behind such a movement is a big task which the Michigan Tuberculosis Association feels obligated to undertake. That cannot be done adequately however without funds. It is hoped that the coming Christmas Seal Sale will be sufficiently large to make it possible to initiate this work on a state wide basis.

NUTRITION AND CHILD WELFARE

The well nourished child usually keeps tuberculosis at bay, and there is perhaps no more important work

than that of seeing to it that the children of Michigan are well fed. Clinic statistics show that a remarkable large percentage of children in Michigan are underweight—children of the well-to-do families as well as of the poor. The Home Demonstration agents and Michigan Agricultural College workers are giving splendid service in this field, and it is peculiarly the responsibility of the Michigan Tuberculosis Association and all allied tuberculosis societies to help make this work one hundred percent effective. There is room for almost unlimited expansion of the program that has been put into operation. The milk and hot lunch movement is only in its infancy and it needs direction and expansion so that the whole state will be covered. Then there is a great need for preventoria and summer camps in Michigan. There are at present only two of the former, but those two have more than proved their value in saving the lives of children and returning them to health and strength. All children from tuberculous homes or who for one reason or another are threatened by tuberculosis should have the benefit of a preventorium or a summer camp. This is part of the program which the Christmas Seal Sale helps to finance.

FIELD WORK

Tuberculosis in Michigan should be subjected to "pitiless publicity". Only in that way can it be stamped out. To bring the tuberculosis message to all kinds of clubs and organizations is a task of large proportions. Business men's associations, men's clubs, women's clubs, granges, churches, Parents-Teachers clubs—in fact all of the thousands of clubs of all kinds that exist in Michigan should hear the tuberculosis message from time to time. There is great opportunity for a constructive work as well as for the work of organizing the counties in Michigan for effective tuberculosis work all the year round. Much literature is needed all the year round in the newspapers and magazines of the state, in pamphlet form, in magazine form. The educational work of the Tuberculosis Association and local societies must go on all the year round. Tuberculosis never sleeps and neither can the foes of the disease afford to sleep. Local and state offices need funds for this work, and the Christmas Seal Sale is the only means of securing those funds.

CLINICS

While the State Department of Health has taken over the free public clinics formerly conducted by the Michigan Tuberculosis Association, the local tuberculosis societies in the various counties can do a great service by holding supplementary free clinics from time to time in their own communities. The Michigan Tuberculosis Association and the State Department of Health have pointed the way, and too many free tuberculosis clinics cannot be organized by the locals. Holding free clinics is one of the big opportunities for service. Funds of course, are needed for that, and local associations in many communities can perhaps best serve their people by employing their share of the Christmas Seal Sale money for this purpose.

SANATORIA

Michigan is still 1,400 beds short of the minimum needed for the tuberculous population of the state, even when the sanatoria now under construction in Calhoun, Muskegon, Delta, Menominee and Detroit are completed. That means that there is not one bed for every two patients who urgently need sanatorium care to save their lives. Another institution that Michigan needs and which has proved of inestimable value in other states is a State Camp for Convalescents, where sanatorium graduates may go through a hardening process that will prepare them for active life. The Michigan Tuberculosis Association is back of the sanatorium propaganda in every way possible. Past experience has shown that a great deal of education is needed in most counties to arouse public opinion sufficiently so that they will provide adequate sanatorium care for their tuberculous. The sanatorium movement is gaining in force and the time is ripe for greater efforts to provide at least enough institutions to meet the minimum needs of the state. A program of active sanatorium building is a big part of the work for the coming year. A big Christmas Seal Sale will mean greater opportunity for carrying out this work.

A new hospital is under way in San Francisco at which none but Chinese patients will be received and Chinese physicians and interns employed. It will accommodate 60 patients, according to the Modern Hospital, and will be under the direct control of the Chinese Consolidated Benevolent Association. Funds for constructing the hospital have been contributed by thousands of Chinese throughout the state.

EVENING HOUR AT GRAND RAPIDS PREVENTORIUM



Frank B. Leland Says—

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especially, are making strenuous efforts to stamp out tuberculosis. Certainly very great and encouraging progress has been made.

Every intelligent person now knows that tuberculosis is not an inherited but is a dangerous, communicable disease. Recognition of this fact greatly simplifies our efforts. We now also know that taken in its earlier stages, especially with the young, the hopes of a cure are very great. This is well proven by the fact that out of 343 cases cared for in the children's building of the Detroit Tuberculosis Sanatorium, only 26 were lost, practically all if not all the others being restored to health.

We now also know, or at least I thoroughly believe, that for the almost complete eradication of tuberculosis just two things are necessary. First, education to the point that all will understand the necessary steps to guard against tuberculosis and will take those steps, both young and old; and second, isolation in sanatoria or other suitable places, of all open, advanced cases. When these facts are fully realized and these measures taken, the greatest enemy of the human race will be vanquished. We are well on the way to this wonderful result. Hence I say "Hope".

GIVES CLOSE-UPS OF CHRISTMAS SEAL CHILDREN

(Continued From Page 1)

have been spent with the nurses who love him dearly.

Billie specializes in what he calls "big hugs" and he is naturally the pet of the place. He is now so rosy that old-time visitors scarcely recognize him and his one recovery alone more than justifies the time and money spent upon perfecting the children's department of the sanatorium.

There's Claude, as an illustration of the miracle a little care can accomplish. Claude is three years old but his mother has other children who are sick and she is the bread winner of the family besides. It was impossible for her to give him the care he needs and it seemed almost too late to do anything for him last May when he came to the children's building. Now he is a most engaging child with big wonderful eyes and a smile that could win a world, and yet he will, for some time to come, need the aid of the Christmas Seals. His mother can't fight his battle and her battle too. But those of us who are well and strong, we want to help them both, don't we?

All the babies I have been telling you about are Christmas Seal babies and so they are our babies, too. All of them would have died long ago had it not been within our power to supply the pennies. All of them face life gladly and will do all that it demands of them if you will keep up the work which little mother Anne to smiling Claude, will need a great deal of care for a long time to come, but the big thing about it is that they are at last upon the great high road of recovery.

I know that you rejoice with me that these wasted lives have not been lived in vain. And I know it is unnecessary to urge you to keep on the support you have so far so graciously and so adequately. The children are doing their share nobly. They are unfolding into the blossoms God wanted them to be, and they are radiating love and friendliness and gratitude that strangely warms these dulled hearts of ours as the Christmas season approaches.

It is still a world for little children. And these children need us desperately.

A Pauperizing Disease

By THEODORE J. WERLE

Tuberculosis is a pauperizing disease. It is not a disease of paupers. Rich and poor alike are its victims. Not long ago one of the workers of the Michigan Tuberculosis Association met a man on a train who was taking his wife—an advanced case of tuberculosis—to a sanatorium. The husband, forced to sell the homestead, realized \$3,000 net after the sale. In two years that sum had been reduced to less than \$1,000, and the children of the family soon may be sanatorium cases.

This man will find in a few weeks that from once being a happy, healthy farm owner, with a wife and three lusty youngsters enjoying Michigan's great out-of-doors, he has been reduced by tuberculosis to a penniless widower. He has already had to ask for county aid, and the life and health of his children hangs in the balance. Truly tuberculosis is a scourge. Christmas seals are your defense.

Here is another illustration: "The county commissioners have refused to give me help because my wife is an advanced case. They help only incipients." These words on a postcard addressed to the Michigan Tuberculosis Association tell another chapter in the suffering of a man, his wife and three children from tuberculosis.

The wife and mother will die. There is no hope for her recovery. The injustice to the children of such a decision by the county commissioners need not be touched upon. They must be supported out of what remains of a wage of \$25 a week after the necessities of the consumptive and maintenance at \$15 a week in a sanatorium have been paid.

Consider the short-sighted policy of the men who refused aid to this family. There are three children in the family. Without question their long contact with an advanced case of tuberculosis has infected them. The oldest, a boy, has already had to spend weary weeks in a plaster cast because his spine is affected. He may be a hunchback—a form of tuberculosis. The hardship and suffering and worry which these little ones are forced to endure while they are waiting for their mother to die is almost certain to advance the disease in them. And the county officers will soon find themselves with three so-called incipient cases (those children probably now are incipients) to provide for. So they and the community will have to pay, and what is more pitiable, so too must the three innocents pay—because all people do not yet know the relentless march of uncurd tuberculosis.

The local tuberculosis society, financed by Christmas seals, has been notified of the case. If Christmas seals were bought generously in this man's county last year and will be bought generously again this year, that local society may be in a position to save these three little lives.

Millions for Tuberculosis Deaths

The statistical bulletin of the Metropolitan Life Insurance Company reports that during the year 1920, out of nearly \$47,000,000, in death claims, more than \$6,500,000 were paid for deaths resulting from tuberculosis. The disease produced the largest group of losses during the year, despite the fact that the death rate from tuberculosis in 1920 was the lowest in the history of the company, two-fifths below that of 1911.

Commenting on the matter, the bulletin states: "There is still much room for expansion of the educational campaign which has been carried on for years to show the importance of personal hygiene, of early recognition of incipient cases, and of the fresh-air method of treatment."



Christmas Seals Save Human Lives.